

Relationship between Expressed Emotion and Expectant Mothers

Psychological Well-being

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Abstract

The aim of study was to explore the relationship that exists between expressed emotion and psychological health of expectant mothers. The study focused on relationship between expressed emotion and psychological wellbeing of expectant mothers. Another aim of the study was to find out the relationship between attitude and the behavior of family members and the psychological health factors that affect the expectant mothers. The study is based on Schachter-Singer Appraisal theory. The theory of Schachter-Singer combines the physiological arousal with cognitive factors to describe emotion. Sciences. Correlation, and Anova were used for the purpose of statistical analysis.

Keywords: Expressed Emotion, Expectant Mothers, Psychological wellbeing

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Introduction

Correlation research design was used to collect data from (n=105) expectant mothers. Data was collected from systematic random sample of public sector hospitals. The participants were given the following questionnaires in Urdu version Family Attitude Scale (FAS-30), World Health Organization Quality of Life- BREF WHOQOL (2004), Locke-Wallace Marital Adjustment Test (MAT) and Perceived Stress Scale (PSS). The data was analysed by the 17 Statistical package for Social

The results of the study indicated highly significant correlation between EE and PWB of expectant mothers ($r = 0.76^{**}$, $p=0.00$, <0.05). This was obvious through findings that EE significant correlated with PWB of expectant mothers.

Emotions are complicated and individual experiences associated with biological and physiological changes. Emotions are individual perceptions, thoughts and that involves physiological and behavioral changes as awaking of nervous system or expressions. Emotions are also related to behavioral trends. Introverts are usually isolated and hide their emotions verses extroverts are socially active and express their emotions. Emotions are usually incentive behind positive and negative motivation. (Gaulin, *et al.*, 2003).

Emotion of expectant mothers are not usually biologically imposed, it usually because of cultural trends. Pregnancy experience for all women is usually same, it includes both physiological and emotional experiences. The

biological modifications and neuroendocrine changes usually occurs in pregnancy stages have serious physic effects on expected women (Newton, 1955).

There are three trimester of pregnancy, first 1-3 months, second 4-6 months, and third trimester includes 6 to 9 months. In each trimester women experience differently both physiologically and psychologically.

This research based on Singer and Schachter (1962) that integrate the role of both physiological arousal and cognitive factors in determining emotion. SSAT are using in this study because they experimentally measured the emotional state via one-way mirror assessment and style scale self-report that participants mood and physical conditions.

Expressed Emotion define as “a construct to understand the relation between the person and caretaker and their family”. EE refers that how the loved one and family members behave with the patient.

This study relates to EE the sense that expectant mothers have hormonal imbalances that cause mood swings which express expressed emotions that shows interaction with their caregivers.

Well-being (WB) can define by two aspects, one is clinical aspect; absenteeism of adverse condition and the other is psychological aspect is wellbeing relates to prevalence of definite aspects.

People assess their own lives refer to their PWB. PWB have two elements, one is hedonic and the other is eudaimonic. The hedonic aspect of PWB is based upon inner experience and emotional than fact. It have positive effect as pleasure and calmness. The other aspect eudaimonic is evaluative nature and give stress on achievement and goal such as satisfaction of life.

Females and males both get various benefits through marriage. Females experienced more psychological and physiological health issues when they are not satisfied with married life as compared to those who are satisfied. (Antonucci, 1994).

Males get advantage to get married, there is not concerned with the quality (Levenson, *et al.*, 1993).

Nevertheless, people who are not happy with their married lives have low level of self-esteem, unhappy, and usually not have satisfactory life, and face health issues (Hawkins & Booth, 2005).

Human beings have essential requirements. These requirements are revealed through feelings such as feeling of acceptance, admiration and value of their identity. Although individuals share their requirements in one's own unique way. It varies from individual to individual. Attitude and behavior of family and caretaker in relation to expectant mother has great importance. In pregnancy, social support has great importance. If pregnant women receive appropriate and positive social support she will stay healthy both physical and

psychological. Whenever family and caretaker did not deliver positive attitude towards expectant mothers it can cause many psychological problems as stress and depression.

During my education period, I got married and became pregnant after one month. Fortunately, my in-laws and husband are cooperative with me, they are not critic, and they support me at every point. Their attitude towards me was positive. As an expectant mother, I had less stress and had good PWB during my pregnancy period. Afterwards, I deliver a healthy baby. I am satisfied with my marital life.

Many researchers found that there a lot of stress that women experience during pregnancy because of gestation problems and adverse results of birth. [Fakultäten](#) *et al.*, (2013) conducted a study to get comparison between the stress levels of expectant mothers in first trimester with the rest of others and to explore the psychological and social resources, and what are the strategies they use to cope with stress. They also explored that what are the outcomes of these stressors on expectant mother's health. To fulfil the purpose of this study, online research will conducted in Germany, expectant mothers of each trimmers request to fulfill the performs relates to measure their stress levels. This study can help to determine those susceptible aspects that can elevate the stressors. It also give us information about these programs that can prevent stress.

Schachter *et al.*, (1962) carried out the research to analyze the theory. Schachter *et al.*, (1962) conducted a study to test their theory. This research conducted on 184 college boys. They said that a suproxin (vitamin) will insert in their body through injection. There are three groups of subjects, one for those subjects who have knowledge that it have side effects, other did not know about the side effects and third for those who are misinformed. Later, participants confronted the twin stooges, who act like happy or anger.

Emotions were measured through semi-private plus public index. Results showed that subjects who are ignorant and misinformed subjects has high grade on both euphoric and in anger case than those who are fully informed. This study verified the Schachter and Singer's hypothesis that cognitive logo with automatic arousal will develop emotions.

Leary, *et al.*, (1991) conducted the research on discomfort and nondiscomfort couples. They stated that non-discomfort couples had explained positive attitude towards the partner as compared to discomfort couples. Dissatisfied couples had poor MA than satisfied couples. To be summarize that spouse perception about their marriages is important than happening of marriage.

Nathawat, *et al.*, (1993) carried out a research on educated Indian wives both are working women and house wives. They compared their MA and PWB. The sample number is 200 working women and 200 are house wives. These

women were requested to fill out MA questionnaire (Kumar, *et al.*, 1976) and to fill the measures of PWB (Warr, 1984). Results showed that MA and PWB is better in working women as compared to housewives. Specially, working women showed high rating on overall health status, satisfied with their lives, had good self-esteem and reported low rating on anxiety, hopelessness and security issues than housewives, while working women showed high rating in negative affect as compared to housewives.

Ronald *et al.*, (1998) conducted the study on how EE relate to psychiatric relapse. After the study of literature they found 27 researches that result EE can relate to schizophrenia. Meta-analysis were used to prove this concept that EE can be relate with eating problems and mood swings. Results showed that EE is important predictor of schizophrenic patients to relapse.

Zahidie, *et al.*, (2011) carried out a study on expectant mothers social relations promote depression in Sindh, Pakistan. This study has used quantitative as well as qualitative research method. In the phase of quantitative 375 expectant mothers were included. They administered questionnaires on these women to collect their findings. Results concluded that the prevalence rate of expectant mothers in Sindh is highest. It was 62%. Social relation are most essential agent of depression in expectant mothers than the social conditions. It is concluded that depression rate is highest in Sindh.

Naseem *et al.*, (2011) studied the physical and mental health of expectant mothers and analyze the differences between women of rural and

urban setting in Islamabad. The sample of this study include n= 179 both in rural and urban areas of Islamabad. A cross sectional survey, and SF-12 a valid instrument was used for assessment. Results were compared by independent t-test. This study conclude that self-perceived physical and mental health was poor in rural expectant mothers than urban expectant mothers.

Goel *et al.*, (2012) conducted the research aimed to investigate marital adjustment and psychological health of both genders on the Indian people. Total number of sample is 300, 159 women and 150 men. The sample characteristics are doctors, bank employees and those who are lecturers, with the age of 40 to 55. This study concluded that women has high grade in recreational adjustment than men. Women are poor in the oriented behavior in group than men.

Vibha *et al.*, (2013) conducted the research on patients who are remitted these patients are schizophrenic, having bipolar disorder, or depressive. The sample is 150. WHOQOL-BREF is used to evaluate patient's quality of life, the other inventory is used to estimate marital adjustment. Results showed that schizophrenic have low quality of life than patients having bipolar disorder or depression. Patients showed low level in marital adjustment (MA) than their spouses. Schizophrenic reported extreme level of dissatisfaction, 96 percent of schizophrenic are not satisfied with their married life. Positive Correlation found in the perception of patients MA and quality of life (QOL). Their significance level is less than 0.05.

Zargar *et al.*, (2014) carried out a study on Iranian's MA and PWB. The sample consist of veterans who are employed and those who are collecting pension, through systematic random sampling 330 veteran people were chosen. For this purpose, questionnaires were filled out from these people. Results showed that veteran people who are employed had less psychological issues than those who had collecting pension. Veterans who were employed had low score on psychological problems (depression, anxiety and OCD) as compared to veterans who were collecting pension. Although these two groups had not showed biggest difference in the Depression Anxiety Stress Scale (DASS).

Arshad, et al., (2014) conducted a research to find out the difference of late and young weddings. They explored the effects of late and young wedding on their satisfactory life and MA. Questionnaires were used to estimate the satisfactory life and MA. Sample of this study comprised of 160 both male and females. Females who has early wed were 80 and those who are late wed were 80. The data was collected of particular cities in (Punjab) Pakistan. The results of this research showed that there is a positive correlation exists in their satisfactory life and MA. The significance level is 0.01 less than 0.05. The other hypothesis was also approved, the results showed the differences in the late and early weds on MA. The significance level is 0.01.

Madhavanprabhakaran *et al.*, (2015) calculated the prevalence of Pregnancy-Specific Anxiety (PSA) and also its affiliated factors among expectant mothers during three trimesters of their pregnancy. The sample include 500 Indian expectant mothers, age range of 18-35 years. An exploratory research design was used. Results showed that the expectant mothers showed high prevalence rate in high during the third trimester. Parous expectant mothers showed lower PSA than nulliparous expectant mothers. They suggested that higher prevalence rate of anxiety during pregnancy can be managed by routine screening of Pregnancy-Specific Anxiety (PSA). Prevention and early detection of anxiety will enable women to cope with the challenges of pregnancy.

Hypotheses

- It is hypothesized that there is a relationship between EE and PWB of expectant mothers.
- It is hypothesized that there would be a significant relationship between MA and life satisfaction of expectant mothers.
- It is hypothesized that there is a difference in the mean scores of expressed emotion and expectant mothers.

Objectives of the study

- The aim of study is to explore the relationship that exist between expressed emotion and psychological health of expectant mothers.

- To investigate the mental illness through questionnaire by patient, family members and caregivers.
- To explore the disorder occur by emotional climate by the relatives.

Method

Participants

Co-relational research design used to conduct the study. Systematic random sampling was used for data collection. The sample obtained from the expectant mothers. N= 105 expectant mothers with the age range 25-35. The inclusion criteria are 35 females of first trimester, 35 females of second trimester and 35 females of third trimesters sample was selected from public hospitals, Gynecological ward in Lahore, Pakistan. The sample included the expectant mother's age range 20-35 and equally divided the whole sample of women into all three trimesters in order to measure equally about overall health in all trimesters. The exclusive criteria was Private hospitals and others wards in the hospitals, and women who have any clinical disorder.

Table 1

<i>Expectant mothers having Primary pregnancy</i>				
<i>Expectant Mothers</i>	<i>Quality of life</i>	<i>Variables of Stress</i>	<i>EE</i>	<i>Marital Adjustment</i>
1	56	26	77	51

There are only two expectant mothers who have no child before. These expectant mothers having low quality of life than others expectant mothers, stress level is higher in them, having low marital adjustment and facing adjustment issues, but they have good family or relative attitude.

Table 2

Correlation between trimesters and Demographic Variables of expectant mother's trimesters

<i>Variables</i>	<i>Trimester 1</i>	<i>Trimester 2</i>	<i>Trimester 3</i>
Age	.19*	-.11	-.08
Education	-.17	.17	.00
Income	.01	-.13	.16
SES	.01	-.12	.16
No of child	-.22*	.17	.06

Above table shows the correlation values between trimesters and demographic variables of expectant mothers. The expectant mothers age with relation to first trimester is $r = .19^*$. In the second and third trimester the correlation between expectant mothers age and trimester is negative $r = -11$ and -0.8 respectively. It indicates that there is a significant correlation between the ages and expectant mothers of first trimester. The inverse relationship exists between education and expectant mothers of first trimester, the r value is $-.17$. The $r = .17$ shows the relation between education and expectant mothers of second trimester. There is no relation $r = .00$ between expectant mothers third trimester and education. The correlation between income, SES and expectant mothers trimesters, the $r = .01$, $.12$, and $.16$ with first, second and third trimester

respectively. The correlation of no of children are $-.22^*$, $.17$ and $.06$ in the first, second and third trimesters.

Operational definitions

Expressed Emotion (EE)

EE can be define as “how family and their caretakers express their emotions towards the patient”. The attitude of family and relatives about expectant mother’s emotions.

Expectant Mothers

Expectant mothers are those women who are going to deliver baby. Their pregnancy period starts from their last menstruation date and it’s normally end after 9 months (40 weeks). These months are divided in 3 trimesters, (1-3, 4-6, and 7-9 months). Expectant mothers are also called the pregnant women.

Psychological well-being (PWB)

PWB can be define as “people who are not having psychic illness as well as they have ability to cope the life stressors, done their work adequately, and should be contribute their society (World Health Organization, 2007).

Measures and Covariates

Four scales are used. All were used in the Urdu version:

Family Attitude Scale (FAS-30)

This scale has 30 items which measure the expressed emotion of expectant mothers. These 30 items measure individual feelings about their family and caretakers.

World Health Organization Quality Of Life -BREF

This scale has 26 items, to measure physiological, and psychological health, as well the relationship with the society and surroundings.

Locke-Wallace Marital Adjustment Test (LWMAT)

This scale has 15 items, each measure the MA. At the beginning this scale used to compare the satisfied and dissatisfied couples.

Perceived Stress Scale (PSS)

This scale was developed Cohen (1994), which measure the stress level. This scale has 10 items. Permission was taken from authors.

Procedure

Permission was taken to collect data from the MS of public hospitals. For the purpose of study, data was collected from expectant mothers 35 of first, 35 of second and the 35 of third trimesters. Purpose of study was discussed with the participants and it was told that their information will be kept confidential. They request to answer the FAS-30, WHOQOL-BREF, Locke-Wallace MAT and PSS items. These scales measures expressed emotions,

marital adjustment, stress level, mental health and overall health status of the expectant mothers. After completion of data, results were analyzed, to investigate the stated hypotheses.

Results

Data was evaluated through SPSS 16. The correlation analysis (Pearson product moment) was conducted to find the relation between EE and expectant mothers PWB. The one way Anova was done to find the mean differences in trimesters.

Table 3

Correlation among, Expressed Emotion, Marital adjustment, stress level and psychological wellbeing of expectant mothers.

Variables				
Quality of life				
Marital Adjustment	.73**			
EE	.76**	.66**		
Stress	-.72**	-.62**	-.53**	
	1	2	3	4

Above table shows the correlation values. It indicates that there is an inverse correlation between EE and PWB of expectant mothers. The r value is 0.76**, p value is 0.00, <0.05. It is highly significant, so our hypothesis is accepted. The r value 0.73** indicates that there is a positive correlation among marital adjustment and life satisfaction of expectant mothers. The p value is 0.00, <0.05 shows that the results are highly significant. Therefore, our

hypothesis is accepted. The r value 0.73** indicates that there is a positive correlation among EE and MA of expectant mothers. The p value is 0.00, <0.05 shows that the results are highly significant. Therefore, our hypothesis is accepted. The r value -0.53 indicates that there is negative significant relation between EE and stress level of expectant mothers. The p value is 0.00, <0.05 shows that the results are negatively correlated.

Table 4

Mean and Standard Deviation of Expectant Mothers trimesters

Trimesters	N	M	SD
First	35	72.82	9.73
Second	35	85.09	17.07
Third	35	81.31	17.76
Total	105	79.74	15.99

This table shows M and SD of expectant mother's trimesters. Expectant mothers of first trimester n=35, M= 72.82 and SD=9.73., the second trimester n=35, M=85.09 and SD=17.07 and n=35, M=81.31 and SD=17.76 of the women who are in third trimester of their pregnancy. These mean values shows that the highest mean (85.09) in the second trimester, and the lowest mean (72.82) in the first trimester.

Table 4

One-Way Analysis of Variance of PWB of expectant mothers

Sources	SS	Df	Ms	f	P
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Between Groups	2758.80	2	1379.40	5.9	0.04
Within Groups	23849.26	102	233.82		
Total	26608.057	104			

Note. *SS* = Sum of Square, *df* = Degree of freedom, *MS* = Mean Square

Above table showing the results of one way ANOVA. It indicates that there is significance difference in the groups as find out ANOVA ($F(2,102) = 5.9$, $p=0.04$, <0.05). Results shows that there is a statistical difference in the mean scores of both groups. There is no statistical significant difference between groups assigned to different studying methods. Hence hypothesis is accepted that there is a difference in mean scores of EE and expectant mothers PWB.

Discussion and Conclusion

In fact, Expectant mothers goes through different hormonal and physical changes that effect the PWB of these women. These physiological changes directly correlate with psychological issues. Schachter-Singer Appraisal Theory (SSAT), based on same phenomena that perception of physical arousal leads to environmental interpretation of arousal. The attitude of significance others towards the individual is essential to determine the poor or high PWB of that individual.

The object of this research to explore the relationship that exist between EE and PWB of expectant mothers. In accordance with this study, the hypothesis is that there is an inverse relationship between EE and PWB of

expectant mothers. Many researches conducted on EE, the findings of present study ($r = 0.76^{**}$, $p = 0.00$) showed highly significant correlation and were consistent with [Iranzad](#) et al., research on expectant mothers that expectant mothers who receive adequate social support has low level of stress as compared to those who are not receiving adequate support. The findings were consistent with the researches on EE by Ronald *et al.*, Nap and Vibha *et al.*, research on quality of life that is positively related to social relations.

Zahidie, et al., research on how social relation promote psychological illness (depression) expectant mothers $n=400$. The prevalence rate in Sindh was 62%. In this study FAS-30 was used to measure the EE, the results were constant with the study by David et al., that the FAS was positively associated with EE and in this study results FAS-30 is highly reliable (0.97) which was reliable scale to measure EE.

A lot of researches conducted to determine the relationship of marital adjustment and life satisfaction. Another hypothesis of present study is that there is a relationship between life satisfaction and MA of expectant mothers. Results were consistent with the research by Leary, *et al.*, that dissatisfied couples reported poor MA as compared to satisfied couples. Similar to this study findings that women who were facing marital issues and having marital dissatisfaction or poor MA report poor PWB. Another research by Davidson, et al., on MA and self-disclosure $n=162$ couples. Results of Davidson, et al., showed that higher discrepancy in spouse emotional self-disclosure, lower the MA. Present study also studied the marital satisfaction and concluded that if

discrepancy occurs with the partner relationship, the results of this discrepancy is lower the MA. The expectant mothers who scored on high the discrepancy items in Locke-Wallace MAT had lowest scores in this test. Another research by Arshad, et al., compared the effect of late and early wed couples on their MA and martial satisfaction. N=160 (both male and female).

80 were early wed and 80 were late wed couples were studied. Results of Arshad research indicates a positive highly significant correlation in MA and satisfactory life were same with this present study that $r = 0.73^{**}$ and $p=0.01$, <0.05 showed highly significant and positive relationship between life satisfaction and MA.

Another hypothesis is that that there is a positive relationship between marital adjustment and expectant mother's psychological wellbeing. Homogenous findings ($r = 0.73^{**}$, $p= 0.00$) were found in this study and study by Nathawat, *et al.*, compared the MA and PWB $n=400$. Goel *et al.*, studied the same factors MA and PWB on both genders in Indian ($n=300$, 159 women, 150 men). Goel et al., study and present study was consistent, items in Locke-Wallace MAT measure the recreational activities of wife and their partner interest as well. The results of the items of recreational adjustment indicates that wives were more adjusted than husband. Goel et al., study concluded that women has high grade in recreational adjustment than men.

Arshad, et al., (2014) conducted a research to find out the difference of late and early marriages. They explored the effects of late and early marriages

on their satisfactory life and MA. Questionnaires were used to estimate the satisfactory life and MA. Sample of this study comprised of 160 both male and females. Females who had early marriages were 80 and those who are late marriages were 80. The data was collected of particular cities in (Punjab) Pakistan. Results of this research showed that there is a positive correlation exists in their satisfactory life and MA. The significance level is 0.01 less than 0.05. The other hypothesis was also approved, the results showed the differences in the late and early marriages on MA. The significance level is 0.01.

The highest mean in the three trimesters 85.09 found in second trimester. The lowest mean is 72.82 in first trimester. The second trimester mean value is 81.31. Mean of second trimester is greater than other two trimesters because at some extent they may have care takers but not in second trimester therefore they had more expressed emotions than other trimesters.

It is concluded that the current finding of the research is positive relationship between EE and expectant mothers PWB and highly significant with each other. Expressed Emotion positively lead the expectant mothers PWB. The relationship between MA and life satisfaction of expectant mothers is positive and highly significant. It shows that expectant mothers have marital adjustment then they have a life satisfaction. There is a difference in the mean scores of EE and expectant mothers. And it shows that difference because of the emotional changes during three trimester due to care giver responses.

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